

## **ABSTRACT OF THE DISCLOSURE**

A pant-like absorbent garment having a swellable absorbent core positioned between an outer cover and a body side liner at least partially bonded to the outer cover. The swellable absorbent core is swellable to a final thickness ( $t_f$ ) which is at least three times an initial thickness ( $t_i$ ) of the swellable absorbent core;  $t_f \geq 3t_i$ . The significant swelling renders the garment suitable for use as a toilet training aid.

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